

**FLUID-FILLED BLADDER FOR USE WITH STRAP**

**Abstract of the Invention**

A bladder for use with a strap to carry a load includes a first longitudinal chamber, a second longitudinal chamber spaced apart from and substantially parallel to the first longitudinal chamber, and a plurality of transverse chambers. Each transverse chamber is connected at a first end thereof to the first longitudinal chamber and at a second end thereof to the second longitudinal chamber, is in fluid communication with the first and second longitudinal chambers, and has a longitudinal axis extending substantially parallel to the longitudinal axis of the other transverse chambers.